اخواني المعلمين

السلام عليكم ورحمه الله وبركاته

انا لا امن عليكم بشيء ولكن كلنا اخوه نساعد بعضنا بعضا

لله فقط

ولقدتعلمنا من ديننا الحنيف ان من يستطيع ان يساعد فليساعد لله

وما عند الله هو الباقي

فأرجوا المعذره اذا كان هناك أخطاء في الكتابه لضيق الوقت وانا لا اراجع علي الكتابه

فأرجوا من يجد خطأ يتصل ب واتس وانا اصححه وخصوصا في النسخه النهاثيه

ومن يريد الشكل القديم يمكن يبعث لي خاص واتس او ماسنجر وانا ابعثها له

ارجوا عدم الاهمال في ابدأ الرأي في التعليقات او الاتصال بأي وسيله

اسف لن استطيع ان اقوم بعمل اجابات للاسئله الا بعد الانتهاء من كل الوحدات الي السادسه

كل اسئله الوحدات انا من قمت بكتابتها وتأليفها علي عجل فأرجوا المعذره لي خطأ

اسئله القواعد في المذكره متداوله من سنوات علي كل المواقع وفي كل الامتحانات فلا ينسبها احد لنفسه

انا لا انافس الكتب الخارجيه ولكن نساعد الاخوه المعلمين و مؤلفي الكتب الخارجيه كلهم افذاذ من افضل واحسن معلمي مصر فلهم الشكر هم من علموا كل هذه الاجيال

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في النهايه الحمد لله رب العالمين

Unit Four
Vocabulary

Taking care of ourselves
الاعتناء بأنفسنا
By: Mr El Sebael Atteya

add	يضيف - يجمع	activities	انشطة	according to	بالنسبة ل
order	يأمر - اموٌر	time-management	اداره الوقت	resilience	المرونه
well-being	رفاهيه - سعاده	mental	عقلي	health problems	مشاكل صحيه
burnout	الاجهاد الجسدي والنفسي	exhausted	مجهد	Cope with	يتواكب مع
promote	ينمي - يرقي	self-care	العنايه بالنفس	stress	توتر
emotions	عواطف	scared	مرعوب - مفزوع	take care of	يعتني ب
avoid + ing	يتجنب	pressure	الضغط	result	نتيجة
skills	مهارات	danger	خطر	headaches	صداع
pain	الم	shoulders	اكتاف	back	الظهر
Mental health	حاله نفسيه	responsibility	مسئوليه	behaviour	سلوك
physical health	الصحه البدنيه	suffer from	يعاني من	Tips	نصائح - بقشيش
category	فئه- طبقه- صنف	urgent	عاجل	stretch	يمد يتمدد
basis	اساس	endorphins	اندروفين	caffeine	كافيين
technique	طريقه- اسلوب	period	فتره - جلسه	energy	الطاقه
experience	يعاني من- يجرب	system	نظام	suppose	افترض
alter	يغير	clear off	يغادر	frown	يتجهم / عبوس
pout	يبوز / استياء	scold	يوبخ / يعنف	suppose	يفترض
consider	يعتبر	connection	ربط- صله	poem	قصيده
partner	شريك - يشارك	frustrate	يحبط	concentrate on	يركز علي
focus on	يركز علي	memos	مذكرات	identify	يتعرف علي
teenagers	مراهقين	revision	مراجعه	counsellor	مستشار
priority	افضليه –اولويه - تقدم	pressure	ضغط	factors	عوامل
position	مكانه- وضع	demonstrate	يوضح - يتظاهر	external	خارجي
perceive	يدرك - يفهم	shoulders	اكتاف	brainstorm	عصف ذهني- استثاره
please	يسعد	creation	لق - ابداع	signs	اشارات
routine	نظام يومي	suffer from	يعاني من	Tips	نصائح- بقشيش
substance	ماده	urgent	عاجل	stretch	يمد - يتمدد
trust	يثق	criticize	ينقد	eyebrow	حاجب
notice	يلاحظ	seem to	يبدو	normal	طبيعي
cope with	يتواكب مع	reasons	اسباب	get together	يتقابل
marks	علامات- درجات- يصحح	join	ينضم الي	upload	يحمل علي النت
set up	يؤسس	news	اخبار	anxious	قلق
calm down	يهدئ	athletics	العاب القوي	events	احداث
interview	مقابله	specific	محدد	reaction	رد فعل
a poem	قصيدة	social media	التواصل الاجتماعي	wet	مبلل
remain	يبقي	positive	ايجابي	negative	سلبي

Definitions

burnout	a situation where you can't do anything because you're so tired and stressed.	الاجهاد الجسدي والنفسي
well-being	1-how good you feel in your body and how happy you are 2-a contented state of being happy, healthy and prosperous	رفاهيه - سعاده
mental health	how a person thinks and the emotions they feel.	الحاله النفسيه

self-care	taking care of your body and how you feel.	العنايه بالنفس
time management	organizing when you do things and for how long.	اداره الوقت
cope	to deal successfully with difficult situations.	يتواكب مع
stress	a feeling of being very worried and scared about your life.	توتر
promote	Support and encourage the development of something	ينمي – يرقي- يترقي
scold	To criticize someone angrily abut smething they have done	يوبخ / يعنف
frown	To make an angry, unhappy, confused expression, moving your eyebrows	يتجهم / عبوس
pout	To push out your lower lip because you are annoyed or unhappy.	يبوز / استياء
suppose	Yu think something is true although you are uncertain about it.	يفترض
alter	To change	يغير
teenager	Someone who is between 13 and 19 years old.	مراهق
counsellor	Someone whose job is to help and support people.	مستشار
caffeine	a substance in tea , coffee and other drinks that makes you feel active.	كافيين
endorphins	A chemical produced by your body to reduce pain and can make you happy	ماده الاندروفين
athletics	a group of sporting activities including running and jumping. It is an important part of the Olympics	العاب القوي
social media	Ways of sharing information, opinions, images,videos using the internet.	التواصل الاجتماعي
reaction	Smething that you feel r do because of something that has happened or been	رد فعل
back	The part of the body between the neck and legs.	الظهر

Test yourself

1- The chairman (joined-promoted –helped-chosen) the best clerk in the office to be the office manager.

2. (Well-being--Burnout –Stress--Feeling) is a situation where you can’t do anything because you’re so tired and stressed.

3. I was ill-suited to work in the (mental- physical-difficult-well-being) health field. It needs a lot of thinking that exhausts me.

4. You should take care of your kids and I'll have a (self-care-- self-sufficiency--self-denial-- self control) . Don't worry abut me.

5. I amn't interested if those bad people respect me or not. I could (care-carer-look-seem) less for them.

6. I suppose she couldn't (cup-control-cope-forget) with losing her family in a plane crash.

7. Ali often (praises – blame- scolds-insulates) his children . He is often angry with them.

8. The headmaster (praises – blame- scolds -insulate) all the girls who don't wear scarves . He always saus they are at schools ,not a night club.
9. After the death of his dear friend, his forehead knotted in a (frightened- frown-sad-dark) .
10.The boy had a deep (frighten- frown-sad-happiness) after the results of the exams were announced. He got low marks.
11.(Suppose- frown- Pout-Praise) that a robber knew that you and your family went camping for a week, what would he do?
12.There is a lot of (caffeine- endorphins-chemical-crimes) in tea and coffee. I have a lot of headaches when I don't drink any.
13-When the patients of burns suffer from extreme pains, the brain gives orders to the body to produce (caffeine- endorphins-chemical-crimes) to relieve pain.
14. My mother used to advise me not to (suppose- frown- pout-praise) in front of my fod and eat it all to be healthy.
15. Youth should (alter- charge- defend-praise) their points of views if they discover they were wrong.
16. The doctor's treatment didn't achieve any resuls so he recommended that she should see a (physicist- counsellor-astronaut-archaeologist)

Expressions

do activities	يمارس انشطه	do exercise	يعمل تمارين
go for a walk	يتمشي	deal with	يتعامل مع
do things	يعمل اشياء	Take care of= look after	يهتم ب
pressure on	ضغوط علي	experience burnout	يعاني من الاجهاد
spend + (v+ing) doing	يقضي	Make decisions	يتخذ قرار
in danger of	في خطر	take\bear responsibility	يتحمل المسئوليه
feel exhausted	مجهد	do a sport	يمارس رياضه
a ten-minute break	استراحة لمدة 10 دقائق	Make notes on	يأخذ ملاحظات
feel lonely	يشعر بالوحده	a special technique	طريقه خاصه
pay attention	يعطي اهتمام	When studying for long	عند الدراسه لفتره طويله
reduce stress	يقلل التوتر	suggest organising	يقترح تنظيم
avoid having much caffeine	يتجنب شرب الكافيين	make time	ينظم وقت
order of priority	ترتيب الاولويه	thanks for asking	شكرا علي السؤال
a big project for	مشروعكبير من اجل	think about	يفكر في
the rain comes pouring down	بالقرب من	Make suggestions	يعما اقتراح
angry with	المطر يهطل	Make notes on	يأخذ ملاحظات
a negative effect on	تأثير سلبي علي	aware of	مدرك ل
Make changes	يعمل تغيير	spend doing	ييقضي في عمل
make time	رتب الوقت	stay up	يسهر
do revision	يقوم بمراجعه	Whatever comes	مهما يأتي
positive thinking	تفكير ايجابي	adapt to	يتكيف علي
start by talking	يبدأ بقول	how much time	كم كميه الوقت
get any worse	يسبب اذي اكثر	take action	يقوم بالرد
Positive thinking	تفكير ابداعي	kind to	عطوف ل
avoid worrying about	يتجنب القلق	adapt to	يتكيف علي
cope with	يتواكب مع	For the last few weeks	لمده ار اسبوعين
On social media	علي مواقع التواصل	quite angry.	غاضب الي حد ما
Internal purification	طهارة داخلية	External purification	طهارة خارجية

Spread awareness	ينشر الوعي	Dress my wounds	أضمد جراحي
my heart is set on	قلبي متعلق بـ / عزمت	From now on	من الان فصاعدا
put on	يرتدي / يزيد وزن	worth the effort	يستحق المجهود

Test yourself

1. We shoulden't put a lot of pressures (in –on-at-with) youth. They don't find jbs easily nowadays.
2. I spent all the night (study- studying- studied- studies) English .
3- Ahmad Zewail used a (private- special) technique to discover the femto second.
4.After her husband's death , the old woman felt (alone- lonely).
5-Parents should bear the (bags- pressures- technique- responsibility) of bringing their children well.
6. The prices are very high. The government should reduce (pressures- stresses- abilities-questins)on people .
7. Students suffer from a lot of pressures . The ministry of Education should reduce the (stress-ability-questions- death)by making a lot of experimental exams fr them.
8. We should avoid (mix- mixing- mixed – to mixing) with bad people.
We should have two (hours- hour's -hour – hurs's) break to have lunch every day.
9. Students in universities should (make- do- give-send) notes while lecturers explain their topics.
10. We suggest (to go- went- going- to going) out to watch the match in a café.
11. Students should (make- do- give-help) a lot of activities during the school day.
12. Students should (make- do- give –revise) revision regularly to get high marks.
13. All the Egyptian people should be (were- know-aware-helpful) of the dangers that surround our beloved country.
14. We should (make- do- give –revise) changes in the order of furniture in our houses to feel different.
15. The students of Engineering Faculties must (make- do- give –revise) special projects to be able to graduate.
16. All of our youth should have (negative- positive- passive-high) thinking about our future jobs.

Derivatives

Verb		Noun		Adjective	
manage	يدير	manager- management	مدير- اداره		متضمن
Solve	يحل	solution	حل		
suppose	يفترض	supposition	افتراض	Supposable	محتمل
exhaust	يجهد	exhaustion	اجهاد	exhausted	مجهد
promote	يرقي - ينمي	promotion	ترقيه	promotable	قابل للترقيه
		skill	مهاره	skilled - skilful	ماهر
pain	يتألم	pain	الم	painful	مؤلم
scare	يفزع - يخوف	scare	خوف - فزع	scared	مفزوع
affect	يؤثر	effect	تأثير	effective	مطبوع
alter	يغير	alter	تغيير		
scold	يوبخ / يعنف	scold	امرأه سليطه اللسان		
counsell	ينصح	counsellor	مستشار		
partner	يشارك	Partner- partnership	شريك - شراكه	partnered	مشارك

Connect to	يرتبط ب	connection	ربط	connectable	قابل للاتصال
frustrate	يحبط	frustration	احباط	frustrated	محبط
interview	يقابل	Interview- interviewer	مقابله - المذيع	interviewable	مستعد للمقابله
		athletics -athlete	العاب القوي-رياضي	athletic	رياضي
remain	يبقي	remains	بقايا		

Antonyms

Word		Antonym	
mental	عقلي	physical	بدني
promote	ينمي - يطور	demote	يخفض
exhausted	مجهد	relaxed	مسترخي
urgent	عاجل	trivial	تافه – عديم الاهميه
alter	يغير	maintain	يبقي
scold	يوبخ / يعنف	praise	يمدح
pout	يبوز / استياء	Grin - smile	يبتسم - ابتسامه
partner	شريك	superior	متفوق – مالك لوحده
external	خارجي	internal	داخلي
under control	تحت السيطرة	out of control	خارج عن السيطرة
upload	يحمل علي النت	download	ينزل من النت
set up	يؤسس	demolish	يهدم
kind	عطوف	cruel	قاسي

Synonyms

Word	Synonyms	
cope	face – overcome -	يتواكب -يواجه
promote	Support – raise – boost - encourage	يؤيد –يرفع - يشجع
manage	Succeed - run	يدير- ينجح
stress	strain	اجهاد - توتر
effect	Impact - influence	تأثير
alter	modify – change	يغير
scold	reprove – dress down	يوبخ / يعنف
pout	inflate - frown	يبوز / استياء
counsell	Advice - consult	ينصح
perceive	understand - realise	يدرك - يفهم
Adapt to	adjust to	يتكيف علي
frustration	disappointment	إحباط
connection	link	ربط - صله
set up	Build- construct-erect	يؤسس
calm down	Relieve -ease	يهديء
Get together	meet	يتقابل
anxious	Worried - stressed	قلق
Cope with	Keep up with	يتواكب مع

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Language Notes

1- spend + يقضي + v. ing
- He spent two hours playing the piano.

- spend + ينفق + on + noun.
- He spent a lot of money on food

2 - hard (adj.) مجتهد/صعب/صلب

No one passed the exam. It was hard.
hard (adv.)بجد/بشدة/بغزارة /بعنف
Rana studies hard to get high marks
Hardly (adv.) بالكاد/بالصعوبة (نفي)
There is hardly any water in the glass.
It's very dark in this room. I can hardly see.
He hardly comes on time. He is going to be fired

3- affect يؤثر- على - **Pollution affects the environment badly.**
- effect / impact / influence (on) تاثير
- We are studying the effects of pollution on the environment.
-have a/ an .... effect (impact) on
- Pollution has a bad effect (impact) on people and the environment.
- effective = influential (صفه - مؤثر)

4- Responsible for مسئول عن -**Nurseries are responsible for the children in their care.**
-Irresponsible غير مسئول عن -**Ola was irresponsible when she lost her neighbor's dog.**
-responsibility مسئوليه Fatherhood is a lifelong responsibility.
-You need to take responsibility for the things that you can control.

4- experience خبره (غير معدوده) **experience** تجربه حياه - يجرب - يعاني من **experiment** تجربه معمل
-They offered me the job because I had a lot of experience
-I had a lot of interesting experiences during my year in Africa..
-In labs, scientists do a lot of experiments.
- If you suffer from burnout, you will experience a lot of stress.
- people experiencing burnout feel like they can't live their lives normally

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5- suggest that + فاعل + **(should+ مصدر)** - **suggest + v.ing** يقترح
I suggest that you (should) visit the museum first
she suggested going shopping on Friday.
-suggest that + فاعل + **(to** مصدر بدون **)**

- In every day English: (I suggest that she cooks lunch for us)

6- alone لوحده ليس معه احد - **lonely** يشعر بالوحده
-You shouldn't leave a child alone in the house.
-No one lives with him. He lives alone.
-After his wife's death, he felt lonely.

7- Scare الخوف - يخيف **-scared** خائف **-scary** مخيف **-sacred** مقدس **-scar** ندبه
Don't scare the children. **He causes scare by his deeds.**
He felt scared when he heard the lion **These stories seem scary.**
Teaching is a sacred profession. **A man with a scar on the face killed the girl.**

8- gradually بالتدريج - **regularly** بانتظام
-Ali goes to the club (gradually- regularly) . -He never goes late.
-Ali's health improved (gradually- regularly) after taking the medicine. Each day is better

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9- لاحظ استخدام فعل مفرد مع الكلمات الآتية ولكن عند الإشارة إليها بضمير نستخدم ضمير جمع **(they, them, their):**

⇧ Everyone / everybody / someone / somebody / no one / nobody / anyone / any body / (any / every person)

-Everyone benefits from space technology in their everyday lives.
-Everyone has their own ideas about the best way to bring up children.
Someone is kncking on the door, aren't they?

10 – routine (روتين يومي) - red tape (اجراءات روتنيه تعطل العمل)
- My daily routine is going to school every day.
- We must get rid of the red tape in government offices.

11- 28-do a revision يعد خطة مراجعة Make a revision plan يجرى مراجعة

12- sign.... (يافطه – علامه) * signal ..... (اشاره لاسلكيه - ضوئيه)
-He raised his hand in a sign of greeting.
- Didn't you see the "No smoking" sign?
-Our mobile phones send and recieves signals all the time
-The soldiers were waiting for the signal to start firing.

13- 1- He went to the doctor because he was ill.
2- He went to the doctor because of being ill.
3.She could solve the problem as she wise.
4.She could solve the problem due to her wisdom/ being wise.
5.The film was very successful because of the amazing sound quality

14 - connected to مرتبط او متصل بمصدر طاقة - connected with متعلق ب – علي صلة ب
The computer is connected to a printer.
He is connected with some important persons in Cairo .
There was no evidence that the man was connected with the crime.

15- Making suggestion عمل الاقتراح

أولا تعبيرات يأتي بعدها الفعل مضافا له (ing)

- What about + ing -
- How about +(ing)
- Have you considered +(ing)
-Have you considered + ing = - Have you thought about + (ing
How about buying a gold ring for Mum on her birthday?
- What about having lunch out at this restaurant?
-That's a great idea or It serves delicious dishes .

16-Have you considered = Have you thought about
- Have you considered watching cartoon ?
- Have you thought about visiting the zoo ?
- What about doing some sports together ?

ثانيا تعبيرات يأتي بعده الفعل في المصدر

-Why don't you+مصدر -You could + مصدر
- You should + مصدر -Let's +المصدر
- Why don't you study English tonight ?
- You could buy these jeans , They are good materials .

- You should watch tomorrow's match. It will be exciting .
- Why don't we take some snacks ? =Let's take some snacks .

Accept the suggestion قبول الاقتراح	Refuse the suggestion رفض الاقتراح
That's a good (great) idea	I am sorry ; I am busy
OK , let's .	Sorry . I am not very keen

17 - accident (حادثه بها اصابه - موت) - Incident (حادثه مفاحئه او في فيلم) - event (حدث او مناسبه)

18-Life (الحياه بصفه عامه عكي الموت) - A life الحياه محدده بشخص او شيء

There's been a bad accident on the freeway.

There have been several violent incidents at football matches recently.

The conference was an important social event

19- cause يسبب -Scientists are trying to find out what causes the disease.
cause يسبب to المصدر The cold weather caused me to sleep early
cause of + اسم (سبب) -What was the cause of the fire?
reason for + v ing / اسم (سبب) Can you give the reason for leaving ?
reason why + حمله كاملة Is there a reason why you can't come?

Test yourself

1. My daily (customs- red tape- routine-walk) every Friday is to visit my married sisters and spend some time with their children.
2. Our brave soldiers received the (sign- signal-speech- saying) to start the attack on the enemy.
3. There is a (sign- signal-speech- saying) in front of the mueuem asking for not smoking .
4. The disabled should have the (priority – former- success-minority) to be appointed in the government.
5. We connect our mobiles (with- to –by-at) a charger when we charge them
6. Ali couldn't come to the party (because- because of-since- while) his accident.
7.Most of the (energy- lights-petrol-earth 0 we use still comes from renewables
8. I saw someone coming in front of me suddenly . I was afraid but greeted (him- her- us- them)
9.Snakes often (afraid-fear- scare-freeze) a lot of people although they don't attack people at first.
10 Planes gain their speed (gradually- regularly- quickly-quietly). They begin slowly and then become very fast.
11. After the accident, my friend began to improve as he took the medicines (gradually- regularly- quickly-quietly)
12. My father suggested that we (slept- sleeps-sleep-sleeping)early to be healthy.
13. My father suggested that we (would sleep- should sleep- will sleep -sleeping)early to be healthy.
14. My father suggested (would sleep- should sleep- will sleep -sleeping)early to be healthy.
16. Practising a lot of exercises regularly will have a good (affecting- affection- effect- affect) on all of us.

17. Practising a lot of exercises regularly will have a good (affecting- affection- impact - affect) on all of us.
18. The plays of Shakspear have been (influence- influential- effect-impact) on the writings of other writers.
19.Bethoven was a very (influence- influential- effect-impact) person in music . He wrote a lot of wonderful music.
20. The plane's accident was (an experience –experience- experiences- an experiment) he wouldn't forget for a lng time.
21 He is an expert in teaching. He has more than thirty years (an experience –experience- experiences- an experiment) in teaching.
22. Students should study (hard- hardly- harden-hardship) to get high marks.
23. My father (hard- hardly- harden-hardship) gets any holidays. He works on fridays too.
24. There is a (gradual- regular- quickly-quite) improvement in our economy because of the new investments.
25.On my way home, I stopped (to buy-buying-to buying-buy) bread.
26. My doctor advised me to stop (to smoke-smoking-to smoking-smoke).

27- Why don't you (using – to use -to using – use) make a plan to organize your work?
28-Have you thought about (doing- do - to doing – to do) more exercise?
29-What about (finish – finishing - finishes – finished) the most important things first?
30-You could (study - studying – to study – studies) together and help each other.
31-Have you considered (to read - reads-reading - read) a book before going to bed?
32. Have you (think-thought-thinking-thinks) about starting a new project to get money?
33. You could (has-having-had-have) asked me for help if you were feeling so stressed!
34. Why (can't-don't-didn't-aren't) you use a diary to help you plan your work?
35. We don't know The (cause- reason – evidence- clue) why he left his job.
36- There is no (lives- a life- death- life) on other planets.
37.The sixth of October is a great (accident - incident - event -memory) to honour our martyrs.
38. What (in-on-about-for) watching that wonderful film?
39. (Will- Should- Shall- Can) we play fooball ? - It's a good idea.
40. Have you considered (to tell- telling- told- tells) the family about your problem.
41.Let's help Ali to solve his problem, (shall we- will we- can we- do they)?
42. Every member in the club can (do – make- give- receive) his suggestion to develop it.
43. (Athletics – Swimming- Boxing- Robbing) is the most important game in the Olympics.
44- A lot of youth use the internet to (upload- download- knew-realise) the latest songs to hear them offline.
45. All the streets are (wit- wet- rain- mud) as it had rained for an hour
46. The (cause- reason – evidence- clue) of the fire is unkowm. The police are still investigating.
47. (Sociable- Social- Society- Community) media plays an important role io our life.

48.Dr. Magdy Yacoub (sit- set- find- build) up an association for helping people with problems in the heart.
49. Ahmad Shawky wrote a (film- poem-story-tale) about the Nile. Its verses are great.
50. My father measured his blood pressure and found it (natural- normal-industrial- man made). He is in a good state.

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READING

HOW TO AVOID BURNOUT

Burnout is a mental health problem that is affecting more and more people today because there's so much pressure on us to work hard and do everything perfectly. When you experience burnout, you feel exhausted and you usually don't spend enough time doing things you enjoy. You might stop doing hobbies that you used to enjoy and you may become ill more often than usual. As a result, people experiencing burnout feel like they can't live their lives normally anymore.
Burnout is usually caused by both decisions you make about things that you can control, for example, the amount of homework you have to do, and situations you can't control, for example if you spend a lot more time on your homework than you have to because you want to do it perfectly. This is your choice or the result of poor time management skills. If you're in danger of suffering from burnout, you will usually experience a lot of stress, find it difficult to sleep and have a lot of headaches or pain in your shoulders and back. In order to improve your mental health, you need to take responsibility for the things that you can control. For example, if you find it difficult to say 'no' when people ask you to do activities outside of school and you feel exhausted because of this, you could change this behaviour. Then you can start thinking about activities you really enjoy doing. These should be activities that help you to forget about everything else that is happening, such as drawing or painting, doing a sport or having 'real' conversations with your friends and family. Activities like these are examples of self-care. They help to promote better mental health and increase your well-being.

WB

Studying can be stressful.

Here are four tips to make life easier.
Tip 1: Divide the things you need to do into four categories These are (1) urgent and important (2) important but not urgent (3) not important but urgent (4) not important and not urgent. Using this system, you will quickly be able to see what you have to do now andwhat can wait when to take a rest This will help you to avoid burnout and continue studying. Use a clock with an alarm, after every twenty-five minutes, take a five minute break and stand up and stretch.
Tip 3: You should do exercise on a regular basis. Exercise will produce endorphins, which are chemicals that help to reduce stress If the exercise is outside you will also benefit from some fresh air.
Tip 4: You should not eat unhealthily when you are studying A salad is quick to prepare and fruit is a better snack than chocolate. You should also avoid having too much caffeine . Water is much healthier

SUPPOSE

by Phoebe Cary

❶Suppose you're dressed for walking,

And the rain comes pouring down,
Will it clear off any sooner
Because you scold and frown?

❷And wouldn't it be nicer
For you to smile than pout,
And so make sunshine in the house
When there is none without?

❸And suppose the world don't please you,
Nor the way some people do,
Do you think the whole creation
Will be altered just for you?

❹And isn't it, my boy or girl,
The wisest, bravest plan,
Whatever comes, or doesn't come,
To do the best you can?

When I talk to teenagers who are suffering from burnout, I start by talking to them about the negative effects of their mental health problems. It's a good idea to ask how they're feeling, for example, they may feel exhausted or they may not have any time for self-care. Then I ask them about their routine because I want to find out how much time they spend doing their homework and how much time they spend on other activities. After that, we can find out if there's anything we can change, for example to have better time management. A final important thing to look at how the student can make more time for them.

Skills for life

It's important to be aware of the signs of burnout.Then you can take action so the situation doesn't get any worse. It's also important to share your feelings with people you trust, like your family or teachers because they can help

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Reading

Hi Mohamed,

I wanted to write because I've noticed that you don't seem to be your normal self at the moment. You used to have so much energy, but now you look exhausted a lot of the time at school. I think you're feeling because I was suffering from a lot of stress last year too. I couldn't cope with all of the homework I had. Instead of doing the work, I used to just sit at my desk and worry about it for hours. I remember that I was exhausted all the time and my teachers weren't very happy with my schoolwork Time management was something I didn't know anything about back then, but I asked my sister for help and she showed me how to plan my study time better.

Is there something that you're worrying about which is stopping you getting to sleep? Or maybe you're doing too many things at the moment. Everyone suffers from stress and finds it difficult to cope with life sometimes, so don't worry about it.

When you understand that, you can start to identify the reasons for your problems. Why don't you think about what is happening in your life at the moment? Is there anything that much time on? How often do you make the time to do something you really enjoy? We could get together to have a talk about what's going on if you want.

Just let me hnow when

Talk soon,

Karim

A SHORT EXTRACT FROM GEORGE MITCHELL'S BOOK

One way to help you deal with life's problems is to focus only on the things you can change. There are many external factors which may influence how well you can cope with a particular problem. However, you should accept that there are some things you just do not have control over. It is not helpful to worry about these things. For example, when it rains do you get stressed about getting wet? Or do you buy a good raincoat to keep you warm and dry in bad weather? This is an example of how you can find a quick and simple solution to what others might see as a problem. This is also the first step to accepting change as something normal. It is a simple way to make sure you remain positive when you face life's difficulties

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WB

For the last few weeks, I've been feeling like I can't cope with everything in my life. My friends are getting great marks at school and after school they meet up. But I don't have time to join them. On social media they always upload photos and videos of themselves having fun in the park and around town. I don't know how they find the time to do all these things and study too.

I like to know what is happening in the world and I have set up my phone to send me news alerts. Recently though, there have been so many problems happening around the world and it's making me feel stressed. It's having a big impact on my well-being .I often feel quite anxious and don't want to leave the huse.

I have just started doing sport to calm down because recently I've been quite angry. Wehave just moved to a new city because of my dad's new job I had to leave all my best friends, the athletics club I was in and all this happened during an important year at school. I want to study medicine, so I have to get good results in my exams. I often get angry about small things

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الحمد لله رب العالمين

Mr El Sebaei Exercises on Unit four Mr El Sebaei Atteya

1 Choose the correct answer from a, b, c or d:

1.The new (management-presidential-managers-direstors) for Zamalik Club faces some knotty problems, but they are able to solve all the problems alone. They don't need watches.
2.At the end of the season three teams were (gone- promoted-travelled- sent)to the Premier League.
They will play against Liverpool and Manchester City.
3.Young boys recruited at an early age by football clubs often suffer from (expression-burnout –impession-disease) before they are out of their teens.
4. Singing can create a state of (delighted--sadness – relieve--well-being). Most people] feel happy.
5. The result of the (experience- game- incident - experiment) surprised all the scientists. It will help them develop a new cure for cancer.
6. I found playing the guitar very difficult at first, but in the last two weeks I've(artificially - brutally - gradually-cheerfully) improved
7- Some people suffer from (physical-mental – natural- industrial)illness . They can't remember what they have done.
8. Doctors are responsible for the (healthy- care- experience - impession) of all the patients.
9. The emotional and (physical –mental-psychological-social) health of the children is very important. They should practice moderate sports daily.
10.We are now concerned with the economic (well-being -- trouble—industry—tourism)of the country. It will improve all the aspects of life in Egypt.
11. If you don't turn the taps off, you can waste a huge (number -amount -account -discount) of water in a short time.
12. Many youth nowadays (suffer- blame- frown-pout) addicting a definable alcohol, drug, or mental disorder.
13. A/An (operation – experiment – process - illness) is a series of events or changes that happen in a lab uner the supervision of a scientist.
14. Dad's (diseases- health - mental - management)hasn't been good lately. He suffers from high pressure.
15- I am always studying and when I have free time , I stay in bed. I'm suffering from----------
a) amnesia فقد ذاكرة b) burnout إجهاد c) constipation إمساك d) diarrhea إسهال
16.The storm has had a bad (effect – afflict – affect - detect) on the crops. Farmers have lost a lot.
17. Astronauts must train well and much to (adapt-cope-adopt-walk) with the climatic conditions in space.
18. Massage is a wonderful treatment for (disease-stress- illness-exhaust). It relieves it very much.
19. While a moderate amount of stress can be beneficial, too much stress can (frown- pout-scold-exhaust) you.
20-I don't have the time to do everything I want to do. I'm bad ....
a) extra time b) waste time c) time management d) part time
21.My father was promoted to be the chairman of Toyota Company in Egypt in 2010. His (experiment -management -process - effect) has achieved great profits
22.The political parties should take concrete steps to (enlarge- decrease- modify – promote) equality , solidarity and non-discrimination.
23. Bosses always (praises – blames- scold-insulates) clerks who make mistakes that cause losses.
24. The boy (frighten- frowned-sadness-pleased) after the results of the exams were announced. He got low marks.

25.He's (claim- supposed- frowned-pout) to have abitities that no one can expect . He is a genius.
26. Staying up for a long time can cause a state of (exhaust- blame-eburnout) to a lot of people.
27-You must always make time for .... If you look after yourself, you can help others ,too.
a) self-care b) self sufficiency c) self denial d) selfish
28.Our parents teach us that praise with the good and (promote – danger - scold- avoid) with the bad.
29. We shouldn't (praise – blames- scold-insulates) old people whatever mistakes they do. We should be kind.
30. All the Egyptian people became (frighten- frowned-sadness-pleased) after hearing about our maytyrs in Sinai. The terrorists are killers.
31. She has strange dreams. I'm worried about her (time management-exhausted-mental health-relatives).
32- The adjective (exhibits- delighted- exhausted-exhorted) describes the feeling of being very tired.
33. A. Do you (refuse- suppose- frown-pout) that the witness was telling the truth ?
B. No,He was hesitated
34. (When-How-Why-What) studying for a long time, you should have a rest to refresh yourself.
35- (Physical - Mental -Metal-Mutual) health shows how a person thinks and the emotions they feel
36- (Physical - Mental -Metal-Mutual) health shows how the state of the body seems.
37. You should do exercise on a regular (basis-root-bases-law) nt to suffer from the symptoms of aging.
38. Burnout is usually caused by the decisions you (do – make – give – say).
39- Why don't you (spill- do- spout- pour) yourself another drink ?
40.My parents are very (stress- stressful- relaxed- exhaut) about my brother staying up out late.
41. During studying my lessons, I have (sudden- gradually- regular- balance) to renew my energy.
42. The director of the film returned the scene of sadness four times , he wanted the actress to draw a real (suppose- frown- carry-praise) on her face
43. I feel (sorrowful – useful - hopeful – lawful) that we'll find a suitable house very soon.
44. Nothing can live without (lights-energy- pwerless-expression). It is necessary for all aspects of life on the earth.
45. Amal is always (relaxed-comfortable-stressful-exhausted) and she never has the energy to do anything. She should see a doctor.
46. My grandfather doesn't (defend- promote-remain-expect) that women leave their natural tasks at home to work outdoors. They have an important role in their houses.
47. (Suppose -Sense -Skid -Surrender)is used to say something is true , although you are uncertain about it.
48. The (invention- discovery- invitation-research) of coronavirus vaccine is wonderful medical breakthrough to vercome this pandemic.
49. Doctors use (caffine- endorohins-painkiller-injections) to relieve the patients'pain
50. In winter, most Egyptians like watching the rain (failing- pouring- hitting- dropping) down.
51- If you fail once , don't be (confident-reliable -frustrated –determined) and concentrate on your work to achieve your goals.
52- It is important to be (unaware –unconscious-aware –software)of the signs of burnout. Then you can take action .

53-Most people found it difficult to sleep (because -because of -since –although)their mental health problems.
54. Make exercise a part of your daily (red tape-routine-rotten-system). You shoudn't stop doing it.
55. We should be (thanhs- grateful-thankless- helpful) to our parents for all they have done for us.
56. What (results- affection- activities- causes) should I do to improve my well-being?
57. Youth should learn how to (act- react –go-behalf) to the problems they face in their everyday life.
58. We have to spend some time (discuss-discussing-to discuss-at discussing) this problem
59.The zoo needed better (run-management –style-experience)rather than more money.
The principal shoud be strict and kind at the same time to achieve good results
60. Most people who take regular vacations suffer from less (expression-burnout- frown- sorrowful)
Although we should cpe with today's challenge , we should look ahead.
61. The government should do more to (promote-demolish-destroy-play) sustainable agriculture.
62- The antonym of pout is (frown – scold – smell – smile)
63- The synonym of pout is (frown – scolded – smell – smile)
64. We (suspect -respect -expect –accept)the doorman for committing the crime.
65. Ola had a (physical-mental- unconscious – danger) breakdown and was diagnosed with scizophrenia.
66. Doctors and nuses at the units of corona virus have a high rate of (depression- burnout – impession-disease)
67-It is good to do (regular – burglar – burger – irregular) exercise, so I go running every day.
68-Sami (did-made- get – let)a lot of work last night, but he still didn't finish his homework!
69 . My friend (made – did – bought – get) a lot of money when he worked as an actor.
70-The problem is that , you don't always get (gradual- regular- irregular –balance) work.
71- Adel's job is very (stressful -balanced -pressure –press).He is a firefighter and his work is often very dangerous
72-Tamer never goes on a plane. He (frighten – fears – suffers – saves) from a fear of flying.
73- (Stress – Accent – Dialect – Tress) is the twenty first disease
74. Almost 50 per cent of cancer (sufferers – doctors – patient - nurses) are treated successfully.
75. Even a quarter of an aspirin tablet, taken in (regulate - regular – regularly – regulation) doses, can be enough to prevent heart attacks.
76- Every one hopes (she-he-we-they) can make someone's life (painful – pain – happy- heavy)
77- Every one hopes they can make someone's life less (painful – pain – happy- heavy)
78.This book has some useful (tops -taps -tapes - tips) on how best to revise. Yu should read it.
79. To ease is to make something less (clear – painful – fearless - sudden).
80. This medicine will help to ease your (anxiety-stressful-mention-power)
81.Diabetic people should (reduce-cope-increase-sleep) with the symptoms of the increase and lack of sugar in their bodies.
82. One of my friends has a mental (health-healthy-healthily-unhealthy) problem. He speaks loudly and we don't understand him.
83.Whatever the cause , you should be quiet and not to (promote – danger - scold- avoid) or punish the officials for minr mistakes.
84. You look exhausted! I think you should consider (to go-going-go-went) to bed earlier.
85. My wife became (pleased- frowned-delighted-happy) when I forgot her birthday .

86. You should identify the (reasons – causes – lessons – classes) for your problems to be able to solve them .
87. The members of the big families should (set- get-fun-come) together to solve our urgent problems.
88-Your brilliant success is (worse – worth – myth – both) the effort .
89. It is important to share your feelings with people you (doubt- misunderstand-suspect-trust) like your family or teachers.
90. Smiling can help reduce stress and increase (caffeine- endorphins-chemical-crimes) in blood that reduce blod pressure.
91. Students have to cope with a lot of (happiness-evidence-actress-stress) in their studies and uses sport to help them relax.
92-You should try to learn better time management (skills – hobbies – interests – fun)
93- Some situations may have a negative effect (in – on – at – of) your mental health.
94.You should start thinking about activities you really enjoy (making- going- doing-playing)
95.. My mom always advises me to avoid (talking-to talk-to talking-being talked) with bad people.
96- I told my little brother not to worry, as when the dentist looks at your teeth, it is ……
a) pain b) painful c) painless d) pains .
97-Does this drug have any side (effects – affects – reflects - infects)? - No it is safe.
98-The astronauts are planning a four- (hour- hours- hours'- hour's) space walk to carry out the necessary repair work on the shuttle.
99-Space tourists can (act – take – do – make) weightless sports in space.
100-We really need to spend more money (at – with – on – in) education.
101.-It is a horrible thing to see one person make another (please- suffer- carry-study).
102.-She had a (stress- stressed-stressful-frightened) job as a representative .
103-Movement can be (thankful – faithful - painful – thoughtful) when you've hurt your back.
104- I'm (hopeful – thoughtful – awful – fruitful) that I will find another job but who knows how long it will take.
105- It was so (delightful – hopeful – admirable – horrible) not only losing my father, but losing my closest friend too!
106. Machines need (energy- light-petrol-oil) to work .
107.Most companies in the world are (keeping- helping-starting -coping)with struggling economic downturns because of coronavirus.
108.Parents shouldn't (praises – blames- scold-insulates) their children in front other people, especially relatives and friends.
109. My father has been (raised-replaced-promoted-managed) to a higher position in the company.
110. My grandmother said walking in the countryside helped (improve-prove-drove-proof) her physical and mental health.
111. Self-care is to taking care (for-at-after-of) yourself.
112-Activities such as drawing , painting and doing a sport are examples of self -------------
a) burnout b) care c) exercise d) training
113. My parents (make-have-do-stop) me finish my homework before they allow me to watch TV.
114.At the end of prep three, students can (promote –set-sit-measure) directly to the secondary schools.
115- We all should work for the (well-being—happening—sorrow--influence) of our nation to be a progressive country.
116-Farmers water their crops (regularly – bitterly – disorderly – formerly) to grow well.
117.The firm decided to appoint a new (manager- management –director- actor)teamto be able to increase the production and sales.

118. The firm decided to appoint a new (manager- management –dctor- actor)to be able to increase the production and sales. He will be chosen carefully.
119. He (earned – gained – won – escaped) valuable experience while working on the project.
120. He fell off his bike, but fortunately he was (uninjured – uninfected – uninterested – unintended).
121. The government should relieve (stresses- pressures-laws-crimes) on youth and provide them with jobs in all the sectors that suit their abilities.
122.(Gradual – Regard – Regular- Irregular) repeated, normal or usual

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MODAL VERBS OF NECESSITY, PROHIBITION AND LACK OF NECESSITY

الأفعال المساعدة الدالة علي الضرورة و التحريم و غياب الضرورة

1- Have to / Has to = It is necessary to do..... (We have no other choice) مضطـــــــر أن

✍ تستخدم للتعبير عن إلزام مفروض علينا وليس أمامنا اختيار بسبب القواعد والقوانين أو الظروف

- If she wants to start her course this year, she has to apply before the end of March.
- We have to wear helmets if we are going to take the motorcycle. (The law says so.)
- You have to show your passport when you leave the country.

✍ كما تستخدم في الأوامر:

- You have to apologize to Mona. You don't want to lose her as a friend. (advice)
- You can't go out. You have to clean your room first. (an order

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- يمكن استخدام **have to** في الأزمنة المختلفة (ما عدا الأزمنة المستمرة)

- I had to work six days a week. = -It was necessary for me to work six days a week.
- My flight is at six in the morning. I'll have to get up early.
- Have you ever had to go to hospital?

- تستخدم (do / does) مع (Have to / Has to) في السؤال و النفي

- Do you have to put on a uniform at school?
- She doesn't have to buy a new dictionary for school?

- يمكن أن نستخدم (have got to / has got to) بدلا من (have to / has to)

- I have got to go to work on time.
- She is late for the meeting, she has got to take a taxi.

- نستخدم (have got to / has got to) في السؤال بدون فعل مساعد

- Have you got to be at the office every day?
- Has that man got to carry all the boxes by himself?

✍ **must + infinitive: = it is necessary to ......** يجـــــب أن

✍ تستخدم للتعبير عن (الزام داخلي) اي إحساس قوي بضرورة عمل شيء من وجهة نظر المتكلم أو للتعبير عن أن شيء مهم بالنسبة لنا وفي هذه الحالة تستخدم فقط مع الضمائر I / We ومع You في حالة السؤال:

- I must visit my grandparents more often. (It's important to me that I do.)

- Must you wear that yellow tie?
  (Is it important to you that you do it? This also suggests that it bothers يضايق me.)

✍ وتستخدم للتعبير عن نصيحة قوية

- You mustn't be late or dad will be angry. (strong advice)
- You must wash your hands before you eat. (strong advice)

وفي الأوامر كما تستخدم في القوانين والقواعد وعندما نذكر أنفسنا بضرورة عمل شيء:

- You must clean your room before you go out with your friends. (an order)
- Drivers and passengers of motorcycles must wear helmets. (a law)

✍ كما تستخدم في حالة توجيه دعوة أو التعبير عن مشاعر صادقة:

- You must come and see us at the weekend. - You must try a piece of my cake.

✍ تستخدم في الاستنتاج أو التعبير عن نتيجة منطقية: (سيتم شرحه بالتفصيل)

- Dad must have left already. I don't see his car.

✍ لاحظ استخدام للتعبير عن الضرورة في المضارع والمستقبل فقط :

- I must go now.
- I must see my doctor tomorrow.

✍ **need / needs to + infinitive:**

✍ تستخدم للتعبير عن أشياء ضرورية فى الحاضر أو المستقبل

- He **needs to be busy** all the time or his boss will be angry.
- We **need to revise** for next week's exam.

✍- تستخدم Must في السؤال بدون فعل مساعد وتأتي في بداية السؤال:

- **Must he send** the e-mail now?

3- Had to : It was necessary to do..... اضطُــــر أن

- تستخدم (Had to) للتعبير عن إلزام و ضرورة في الماضي

- We **had to do** a test at school today. - We **had to** take a taxi as it was raining heavily.

4- Mustn't : It is necessary NOT to do..... يجـــــب ألا

✍ **mustn't + infinitive:**

تستخدم للتعبير عن أن شيء ممنوع أو غير مسموح به أو تترتب عليه نتيجة سيئة إذا قمنا به:

- **You mustn't smoke in hospitals.** = **You aren't allowed to smoke in hospitals.**
= **You aren't permitted to smoke in hospitals.**
= **You are forbidden to smoke in hospitals.**
= **You are banned from smoking in hospitals.**
= **You are prohibited from smoking in hospitals.**
=**You aren't permitted to smoke in hospitals. = you are forbidden to smoke in hospitals.**

(Mustn't = (be) not allowed = (be) not permitted to = (be) banned = (be) prohibited = (be) forbidden to)

- ويمكن أن تبدأ الجمل بالشيء الغير مسموح به

- **Smoking is not allowed in hospitals.** - **Parking is forbidden here.**

5- don't have to / don't need to / needn't + infinitive:
Doesn't have to / doesn't need to = It is NOT necessary to do.. لا داعي أن-غير مضطر

✍ تتخدم التعبير عن عدم الضرورة في المضارع أو المستقبل

- **She isn't late for school so she doesn't have to / needn't hurry.**
- **When you are on holiday, you needn't go to bed early.**
- **She doesn't have to work on Saturday.**

6- - Didn't have to = didn't need to = It wasn't necessary to.., so we didn't لم نضطر أن

- تستخدم هذه الأفعال للتعبير عن عدم الضرورة في الماضي (حدث) لـــــم يتــــــم في الماضي لأنه لم يكن ضروريا)

- **We didn't have to go to school yesterday. It was a holiday.**
- **I didn't have to do the shopping yesterday. My brother did it.**

7- Needn't have + PP. : It wasn't necessary to....., but we did

- يستخدم هذا الفعل للتعبير عن عدم الضرورة في الماضي (حدث تــــــم في الماضي على الرغم من كونه لم يكن ضروريا)

- **You needn't have brought your umbrella. It's not going to rain.**

- لاحظ الفارق في المعني في الجمل الآتية

- **I didn't have to buy more bread. We already have a lot.**

(I didn't buy bread because we have some.)

- **I needn't have bought more bread. We already have a lot.**

(I bought bread, but it was not necessary because we have some.)

must / have to / will have to - في حالة التعبير عن الضرورة في المستقبل نستخدم

- I have to get up early tomorrow. **- I'll have to send the fax tomorrow.**

- لاحظ الفرق بين استخدام **need to** كفعل ناقص واستخدام **need** كفعل عادي بمعني يحتاج أو يتطلب

- This job needs computer skills.- I need to finish the job early. = I must finish it early.

Test yourself

1- You (mustn't-needn't-don't have to-won't) park here. It says a "No Parking area.
1- If I want to start this year, I (have to-may-might-shall) apply by the end of next week. I have no choice.
2- I really (can-must-may-might) go and get some bread before the shop closes. I don't have any bread left at home
3- We (have to-must-mustn't-needn't) buy souvenirs four our friends while we're here.
4- You (doesn't have to-didn't have to-shouldn't-needn't) come if you don't want.
5- We (mustn't-don't need to-can't-shouldn't) lock the car. It's safe here.
6- You (needn't-mustn't-should-ought to) drive. You're too tired.
7- At my sports club, everyone (has to-should-may-might) wear flat shoes. It's an important rule.
8- You (shall-could-need to-manage) get more practice if you want to pass your driving test.
9- I (need-have got-needn't-must) phone my friend this morning. I promised him I would.
10- We (must-mustn't-needn't-don't have to) forget that tourism is very important for Egypt.
11- You (needn't-mustn't-don't have to-have to) drive fast in the city centre. It's very dangerous.
12- You (must-need-have to-needn't) pass your exams to go to university.
13- You (can-have to-mustn't-might not) take photographs here. It's against the law.
14- My children (have to-must-need-needn't) study ancient history at school next year.
15- You (mustn't-don't have-need to-needn't) speak so loudly. We are in the library.
16- When you arrive in another country, you (have to-don't need to-mustn't-haven't) show your passport.
17- I (don't have to-shouldn't-need-must) hurry. My train leaves in 5 minutes.
18- You (may not-mustn't-can-ought) bite your nails. It's a bad habit.
19- I have been tired all day. I (needn't-have got-don't have to-must) get more sleep.
20- I was very tired yesterday. I (was-must-needn't-had to) go to bed early.
21- You (don't have to-mustn't-can't-don't need) take that train. There's another one in ten minutes.
22- You (must-have to-need to-needn't) buy a pen. I can lend you one.
23- You (must-ought-should have-could have) come and stay with us in Arizona sometime.
24- I .... my room yesterday; my sister had already tidied it.
25- a don't have to tidy b didn't have to tidy c had to tidy d must have tidied
26- I'm sorry for not visiting you last night; I .... see my doctor.
27- a needn't b didn't have to c had to d must

28- You are wasteful; you .... more sugar. We already have a lot at home.
a can't have bought b had to buy c didn't have to buy dneedn't have bought
29- Ali isn't late for school; he ....hurry.
30- a mustn't b don't have to c needn't d has to
31- Children .... wear a uniform in primary schools.
32- a must b have to c mustn't d shouldn't
33- You .... worry, still you have a lot time of to catch the train.
34- a don't have to b must c should d have to
35- You .... take photos here; it's a military area.
36- a must b mustn't c needn't d shouldn't
37- You .... try my sister's cake now. It's really delicious!
38- a needn't b had to c must d mustn't
39- I really ..... buy my mother a present on her birthday; One should be grateful!
40- a needn't b have to c mustn't d must
41- At an airport, I ....show my passport.
42- a can't b don't have to c have to d shouldn't
43- In Egypt, most people..........work until they are 60; it's a work law there.
44- a mustn't b have to c needn't d shouldn't
45- Mona is economical; she .... more bread; she actually has much in the fridge.
46- a needn't have bought b didn't have to buy
47- c should have bought d had to buy
48- You .... pass a driving test to drive a car in Egypt.
49- a mustn't b needn't c have to d must
50- Is it a/an .... to take this medicine?
a advice b unnecessary c necessary d must

Grammar

MODAL VERBS OF DEDUCTION, ADVICE AND REGRET

الأفعال المساعدة الدالة علي الاستنتاج و النصيحـــة و النـــدم

8. should / shouldn't / had better / had better not + infinitive:

✍ تستخدم عادة للتعبير عن النصيحة

- You **should look for** a new job. = It is a good idea to look for a new job.
- You **shouldn't look** at the sun. It's very dangerous.
- You **had better not look** at the sun. It's very dangerous.

9. should have + pp.:

✍ تستخدم للتعبير عن أن شيء كان يجب أن يحدث في الماضي ولم يتم وتستخدم عادة عندما نوجه اللوم لشخص لعدم قيامه بعمل معين: (لوم - عتاب)

- You **should have done** your homework yesterday.

- shouldn't have + pp.:

✍ تستخدم للتعبير عن أن شيء كان يجب ألا يحدث في الماضي ولكنه حدث ونستخدمه عادة عندما نوجه اللوم لشخص لقيامه بعمل معين: (لوم - عتاب)

- You **shouldn't have parked** your car here. It's a 'No Parking' area.

10. can / can't + infinitive:

✍ تستخدم للتعبير عن القدرة علي عمل شيء في المضارع أو المستقبل:

can + inf. = am / is / are + able to + inf.
am / is / are + capable of + v. + ing
have / has the ability to + inf.

- I can see very well without glasses. = I have the ability to see well without glasses.
- We can solve this problem. = We have the ability to solve this problem
  = It is possible for us to solve it.

✍ تستخدم أيضا للتعبير عن الاحتمال فى المضارع

- I can play tennis in the park whenever I want to.
- We can't waste time watching TV.

✍ كما تستخدم للتعبير عن شئ مسموح به أو غير مسموح به فى المضارع

- In some countries, you **can drive at the age** of 17. (**The law says this is permitted**)
- In some cities, people can't use their cars every day.
  (This is not permitted / it's against the law.)

- could / couldn't + infinitive:

✍ تستخدم للتعبير عن قدرة عامة على عمل شئ فى الماضى

- At the weekend, they found a shop where they could buy cheap books.
- My sister looked all over the house, but she couldn't find her phone.

✍ أما للتعبير عن قدرة محددة فى الماضى على الرغم من وجود صعوبة نستخدم

was / were + able to + inf. = managed to + inf.= succeeded in + v. + ing:

- I took my car to the garage this morning, where one of the mechanics was able to / managed to start it.
- I'd been trying to send that e-mail all day. Finally, I succeeded in sending it at six o'clock in the evening.

✍ كما تستخدم للتعبير عن شئ مسموح به أو غير مسموح به فى الماضى

- In the past people could drive a car without passing a driving test.
- In the past, women couldn't vote in elections

1- Must + inf. = I am sure لابـــــد أنـــه

- يستخدم (Must) للتعبير عن الاستنتاج المثبت القائم علي دليل في المضارع

- You **must speak** good Arabic if you've lived here for 10 years. (I'm sure you speak good Arabic.)
- Must + be + n. / adj. لابـــــد أنــه
- He **must be** English. He speaks English well. (He is definitely English.)
- Ali must be happy. He has just won a gold medal. (I'm sure Ali is happy.)

2- Must ... ماضي..... Must have + pp.

- يعبر (Must have + pp.) عن الاستنتاج المثبت القائم علي دليل في الماضي

- It must have been cold there. There is snow on the ground in the photo.
(It was definitely cold there)
- Passing his driving test must have made Ahmed very happy.
(I'm sure passing his driving test made Ahmed very happy.)
- There must have been a sandstorm. The streets are covered in sand.
- She called me from a friend's phone. She must have lost her mobile phone.
- It must have been very windy during the night. There are branches all over the ground.

3- Can't / Couldn't

لا يمكن أن يكون

يعبر عن الاستنتاج المنفي القائم علي دليل في المضارع

- He can't be Egyptian He doesn't speak Arabic. (He is definitely not Arabic.)
- That can't be Kamal. He looks too old. (I'm sure you are not Kamal.)

4- Can't / Couldn't ... ماضي..... Can't / Couldn't have + pp.

تعبر (Can't / Couldn't have + pp.) عن الاستنتاج المنفي القائم علي دليل في الماضي

- Ali can't have forgotten. He's got a very good memory.
- They can't have had lunch. Their food is in the fridge.
- It's only 4 o'clock. The match can't have finished. it's too early already.
(The match definitely hasn't finished early)
- Ali was not at the meeting. He can't have read my e-mail.
(I'm sure he didn't read my e-mail.)
- You couldn't have finished that book already. (I'm sure you didn't finish it.)

5- Might / May / could

من المحتمل

للتعبير عن عدم التأكد (الاحتمال) في المضارع عندما لا يوجد دليل

- He might be French, but he is probably Italian. (it is possible that he is French)
- He might / may be at home. I'm not sure.

6- Might / may ... ماضي..... Might / may have + pp.

- Azza wasn't at school yesterday. She might have had a doctor's appointment..
(It's possible that Azza had a doctor's appointment)
- He might have rung yesterday evening. (It is possible but I am not sure.)
- Going by car might have taken longer than going by train. (But it might not.)
- تعبر (could have + P.P.) أيضا عن شيء كان من الممكن حدوثه ولكنه لم يحدث لأننا لم نستغل الفرصة
- He was able to do the job but he didn't. = He could have done the job.
- أحيانا يمكن أن تعبر الجملة عن الاستمرار وفي هذه الحالة نستخدم

- **must / can't / may/ might / could+ be + v.ing**
- **What is Ali doing in his room?** - **I'm not sure. He may be studying.**
- **must / can't / may/ might / could+ have been + v.ing**
- **What was Linda doing?** - **She must have been working on her computer.**

Test yourself

1.Emad didn't take his keys with him. He (could have seen-could see-might see-can't have seen) them on the table.
2-This (may-can't-must-could) be his car. He's too poor to afford such an expensive car.
3-Ali isn't here. He (must-can-ought-should) have gone home to study for the test tomorrow.
4-Ahmed is a professor of Chemistry. He must (be-have been-have-had been) very clever at school.
5-He (must have-can't have-might-can) have missed his train. He's usually late.
6-His watch (must-might-can-can't) have cost a lot of money. It's made of plastic.
7-It (can't have-will have-must have-didn't have) been very windy during the night. There are branches all over the ground.
8-Tunnelling under the Nile (must have-may have-can't have-might have) been easy. I'm sure it was difficult.
9-My father (didn't have-won't have-shall have-must have) walked to work this morning. His car is still in the garage.
10-He can't walk. He (must-mustn't-shouldn't-won't) be ill.
11-He spends so much money. He (can't-shouldn't-must-won't) be rich.
12-You (can't have-must have-should have-will have) finished that book already. You bought it only yesterday and it is very long.
13-He (can't -mustn't -must -should) have been injured. There was blood on his face.
14-The streets are wet. It (must rain-can't rain-must have rained-should have rained) last night.
15-I can't find the theatre tickets. They (must have fallen-can't have fallen-had to fall-mustn't have fallen) out of my pocket.
16. You are diabetic. You ....be careful about your health.
a- must b-can't c- should d- mustn't
17.Why don't you want any cake? You .... eaten that much at dinner
a) must not b) cannot c) mustn't have d) can't have
18-She isn't late for school so she ....hurry.
a-didn't have b-don't need to c-shouldn't d-can't
19.Climbing Mount Everest .... very difficult. The oxygen is very thin at the top.
a) can't be b) must be c) mustn't be d) must have been
20-If you had studied more, you .... passed the exam.
a) must have b) can't have c) might have d) mightn't have
21-You can't have .... the toast because the toaster has a timer.
a) burnt b) burning c) been burnt d) burns
22-Those shoes are gorgeous! They .... cheap.
a) can't have been b) can't have c) mustn't have d) mustn't been
23-Souad .... remembered our phone number because she called us today.

a) must have b) can't have c) mustn't have d) might have

24-He is never usually late; he ....missed his train.

a- must have b-can't have c-might have d- may have

25- There wasn't an tea in the cup . Mr El Sebaei ....drunk.

a) must have b) can't have c) mustn't have d) might have

26- He is very ill today. He...................slept early yesterday. He stayed up a lot

a) must have b) can't have c) mustn't have d) shoulg have

27. Ali ....cheated in the exam. The teacher punished him.

a) can't have been b) can't have c) mustn't have d) shouldn't have

28-Dina ......have been at school yesterday .The list of the absent included her name.

a- must b-can't c- needn't d- mustn't

29-We don't know when earthquakes happen .They ....predicted.

a- were b- can't be c- have been d- had been

30. You ....study well to get high mraks.

a- must b-can't c- should d- mustn't

31-His bad exam results ....have frustrated his poor parents.

a- must b- should c- can't d- needn't

32-They ....mad, the solution they gave is very reasonable.

a- must be b- can't be c- may be d- would be

33-She ....foolish. She says she believes in magic.

a- can't be b- may be c- must have been d- must be

34-We.... read a summary of a book before watching its film. Doing that will spoil it.

a-had to b-shouldn't c-doesn't have to d-might

35-You ....park there. It's a good place.

a-had to b-should c-has to d-have to

36-You couldn't have (do -done – doing – did) any more than you did. That was your best.

37-You look very tired. I think you should ------------------- gone to bed earlier last night.

a) have b) to have c) having d) has

38. You look very tired. I think you should (go-have gone-be going-went) to bed earlier last night.

39.You shouldn't (have watched-watches-watch-watching-be watching) TV so late last night!

40.I came by bus, but I (must have come-could have come-should come-can come) by taxi.

41.Maher suggests I (will have-should have-has-having) a break every one hour.

42. When you are worried about things, it is best to concentrate on the things you (can-might-could-have) control over.

43. Before you start studying you (need-should-ought-couldn't) make a study plan

44.I'm sorry! I .... have come on time.

a-may b-might c-must d-ought to

45.I traveled by train, but I .... by car.

a) might have travelled b) could travel c) could have travelled d) can travel

46. The driver ....diven his cars without the licence. He will pay a huge sum of money as a fine.

a) might have b) should have c) could have d) shouldn't have

47- It's a good idea to drink a lot of water. You......................drink it regularly.
a-may b-might c-must d-ought to
48. I .... so much chocolate! I feel sick!
a) should eat b) shouldn't have eaten c) couldn't have eaten d) will have eaten
49-I cannot find my eyeglasses. I ....have left them at home.
a- must b- can't c- may d- might
50-I don't know where my school bag is, mum.It isn't here. You ...have left it on the train.
a- might b- can't c- would d- can't have
51-I rang you this morning, but you didn't answer. Sorry , I ....have been asleep.
a- would b- will c- can't d- must
52-He has only been in the lab for ten minutes. He ....have finished his experiment.
a- wouldn't b- must c- can't d- won't
53. You .... put your coat on the floor. Now it's dirty!
a) ought to b) mightn't have c mustn't have d) shouldn't have
54-Everyone is putting their umbrellas up , it ....started raining.
a- can't have b- must have c-would have d- have
55-Ola took her driving test yesterday. She looks unhappy. She.... ..failed.
a- can't have b- will have c- would have d- must have
56-He told me the homework was on page 41, but there isn't page 41, he..have been mistaken.
a- can't b- must c- may d- might
57. The car broke down again; it .... repaired well yesterday.
a can have been b can't have c mustn't have been d should have been
58.The composition is full of mistakes. You .... it well.
a needn't have checked b must have checked
c should have checked d had to check
59. Look, it's raining! I.................... have brought an umbrella.
a) should b) can't c) must d) shouldn't
60. You.................... rude to him. He's going to be really angry now.
a) can't be b) should have been c) shouldn't have been d) can't have been
61. The boys .... have made so much noise in the library.
a) ought b) shouldn't c ought not d) must not
62. Sami is feeling ill. I think he..................... to see a doctor.
a) should b) ought c) must d) can

(اسئلة عامه علي القواعد)

1. Poor Hany .... go to hospital yesterday after he hurt his hand.
a) must b) has to c) had to d) needn't
2. We didn't have a test today so I .... revised for it last night!
a) needn't b) didn't have to c) mustn't d) needn't have
3. When you go to Alexandria, you .... visit the library. It's amazing !
a) have b) must c) will d) need
4. The sign in the park says that people .... walk on the grass.
a) needn't b) might not c) should d) mustn't
5. You .... wash the car. The man at the garage will wash it tomorrow.
a) mustn't b) can't c) might not d) needn't
6. I ....remember to email my cousin today. It's his birthday.
a) mustn't b) needn't c must d) ought to
7. I'll give you a lift, so you .... walk to the station.
a) must b) had to c) don't have to d) mustn't
8. .... you make that noise? It is really annoying.
a) Can b) Could c) Must d) Might
9. You ....wear heavy clothes. It is very cold outside.
a) needn't b) mustn't c) have to d) might
10. He .... go to school yesterday. It was a holiday.
a) needn't b) won't c) didn't have to d) may not
11. There's a traffic jam on 6th of October Bridge. We .... take another road.
a) will have to b) mustn't c) had to d) needn't
12. In winter, you .... use the air conditioner to cool the room.
a) don't need to b) mustn't c) didn't have to d) don't have
13. I .... study hard for my final geography exam. I want to get a good grade.
a) must b) had to c) have to d) need to
14. There are always children near the school, so you .... drive very carefully.
a) can b) must c) mustn't d) need
15. We .... forget that tourism is very important for Egypt.
a) must b) needn't to c) mustn't d) should
16. I .... get up very early on school days.
a) have to b) need c) don't have to d) mustn't
17. I .... phone my friend this evening. I promised him I would.
a) have to b) must c) needn't d) need
18. My children .... study ancient history at school next year.
a) will have to b) doesn't have to c) has to d) must to
19. We................. be back in Cairo on Friday in time to catch our flight.
a) don't have to b) have to c) ought d) need
20. You .... come and stay with us in our farm sometime.
a) must b) ought c) should have d) could have
21. I hate .... get up early in the morning.
a) should b) might c) having to d) must
22. I .... go to work yesterday. It was a national holiday.
a) didn't have to b) had to c) might d) needn't
23. You .... purchased a new camera. You already have a good one.
a) should have b) could c) needn't have d) must have
24. You .... bite your nails. It's a bad habit.

a) may not b) mustn't c) can d) ought

25. You look ill today. You .... see a doctor.

a) may b) might c) can d) ought to

26. The book is optional. We ....read it if we don't want to.

a) have to b) must c) mustn't d) don't have to

27. You ....be rich to be a success. Some of the most successful people didn't have a pound.

a) needn't b) needn't have c) must d) had to

28. You .... take along some cash. The restaurant may not accept credit cards.

a) mustn't b) have to c) has to d) needn't

29. You ....forget to pay the rent tomorrow. The landlord is very strict about paying on time.

a) need to b) can c) must d) mustn't

30. My sister made a cake. You .... try it. It's lovely!

a) need b) needn't c) must d) have to

31. We can walk to the bookshop if you want, but we .... The bus goes there.

a) needn't to b) doesn't have to c) don't have to d) need to

32. You ....run next to the swimming pool. You might fall over.

a) mustn't b) must c) should d) can

33. We .... run to the museum because it was already closed when we got there.

a) needn't have b) didn't have to c) have to d) had to

34. Poor Walid broke his leg yesterday and .... to hospital.

a) has to b) must go c) needn't have gone d) had to go

35. We .... pass our exams to get into university.

a) must b) has to c) needn't d) needn't

36. They ....leave the school yesterday after they heard the fire bell.

a) have to b) had to c) has to d) need to

37. I ....stop eating sweets! They are bad for me.

a) have to b) could c) can d) has to

38. Tarek ....get the bus to the park. My father can take him in our car.

a) don't have to b) has to c) doesn't have to d) doesn't need

39. The students ....written all those notes. All the information is typed for them.

a) didn't have to b) needn't have c) has to d) didn't need to

40. At an airport, you .... show your passport before you can leave the country.

a) has to b) doesn't have to c) don't have to d) have to

41. Teachers................ wear suits for work, but their clothes must be neat and clean.

a) have to b) don't have to c) doesn't have to d) has to

42. Students.................. use their mobile phones during the lessons.

a) mustn't b) must c) have to d) has to

43. You................ arrive on time for lessons. It's important not to be late.

a) have to b) had to c) don't have to d) could

44. You.................... buy a course book, your teacher will give you one.

a) don't have b) has to c) doesn't have to d) don't need to

45. Students..........take an exam at the end of the year. This shows how much they have learnt.

a) doesn't have to b) have to c) has to d) had

46. It's late. You............... make so much noise.

a) must b) mustn't c) don't need to d) has to

47. I .... wear a tie; I do it because I like wearing ties.

a) needn't b) mustn't c) can't d) haven't to

48. We .... be home by 9 o'clock. The film starts at 9:15.

a) needn't b) had to c) mustn't d) must

49. I .... finish this essay today. It has to be handed in by tomorrow.

a) mustn't b) needn't c) have got to d) don't have to

50. Passengers.......................talk to the driver while the bus is in motion.

a) had to b) don't have to c) mustn't d) have got to

51. This is a dangerous tour. Children................. be accompanied by an adult.

a) shouldn't b) should c) mustn't d) must

52. Nancy...................... go to bed early; tomorrow is her day off.

a) needn't b) needs to c) doesn't need to d) didn't need to

53. You .... smoke on buses. It's forbidden.

a) mustn't b) must c) can d) should

54. You .... do it now; you can finish it later.

a) don't need to b) need to c) have to d) could

55. You .... bring a swim suit. I can lend you one.

a) should b) can c) don't have to d) shouldn't

56. You................. do the washing up; we have a dishwasher.

a) needn't b) mustn't c) can't d) couldn't

57. You .... tell the boss what happened, or he'll fire you.

a) don't need to b) needs to c) have to d) can

58. No one .... smoke in here; smoking is not allowed.

a) should b) shouldn't c) must d) mustn't

59. I .... be late. It's the most important meeting of the year.

a) may b) mustn't c) must d) won't

60-I'm surprised. Nobody told you that the road was very dangerous. You ....have been warned.

a) must b) should c) needn't d) may

61. You...............do over 90 kilometers an hour. It is the maximum speed limit.

a) mustn't b) needn't c) shouldn't d) may not

62-The policeman said, "You will have to pay a fine. You..........have driven so fast

a) wouldn't b) mustn't c) shouldn't d) can't

63- I've told you again and again, "You...................be late for work."

a) oughtn't b) needn't c) couldn't d) mustn't

64- You....................stay up late if you don't like to.

a) must b) needn't c) mustn't d) had to

65- You have done this exercise wrong. You....................do it again,

a) don't have to b) mustn't c) needn't d) have to

66 You ....smoke here. There is a "No Smoking" sign.

a) mustn't b) needn't c) must d) shouldn't

67- We have plenty of time. We...................drive fast.

a) mustn't b) needn't c) must d) had to

68- He has left his car over there. He...............that. There is a "No waiting" sign.

a) should have done b) shouldn't do c) shouldn't have done d) mustn't do

69- He...................drink the milk. It's sour.

a) has to b) doesn't have to c) needn't d) mustn't

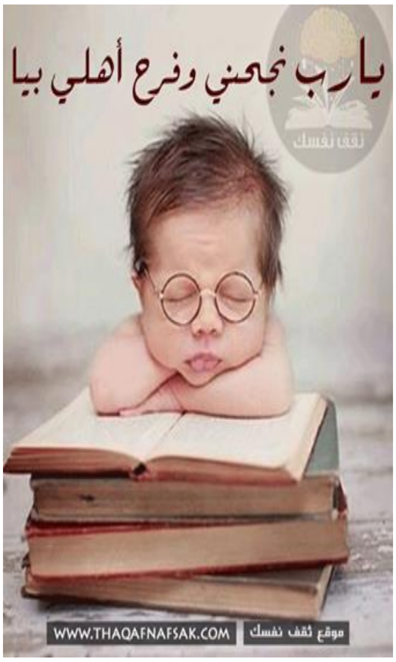
70- I didn't know there was a meeting today. You.....................me.

a) should have told b) should tell
c) had to tell d) needn't have told

71-1t is desirable to get up early . You..........get up early.
a) must b) should c) may d) will

72- You look ill today. You...................see a doctor.
a) may b) might c) should d) ought

73- I don't know why you apologized to him.
You......................to him.
a) mustn't apologize b) don't have to apologize
c) shouldn't apologize d) needn't have apologized



74 - A) Shall I post the letter now?
B) No, You ....post the letter now. You can post it tomorrow.
a) don't need to b) mustn't c) must d) have to

75- He.............go to school yesterday. It was a holiday.
a) needn't b) won't c) didn't have to d) may not

76- He sounded the horn so many times; he........................have done that.
a) oughtn't b) shouldn't c) mustn't d) couldn't

77- She added some salt to the salad but she....any as it became too salty.
a) needn't add b) has to add c) mustn't add
d) needn't have added

78- I....................accept his offer if I were you.
a) should b) shall c) ought d) must

79- Helal didn't go to the doctor's yesterday although he......have gone.
a) must b) ought to c) needn't d) shouldn't

80- You...................smoke in petrol stations.
a) shouldn't b) needn't c) mustn't d) oughtn't

81- They went to Aswan by plane but they...............have gone by train.
a) shall b) needn't c) must d) could

82- I stayed at home yesterday although I......have gone to the cinema.
a) could b) must c) shall d) can

83- I advise you to come. You............................come.
a) will b) have to c) should d) can

84- You.........................fasten your seat belt or you'll be fined.
a) should b) may c) can d) have to

85-It's a good idea, you ....study English well.
a) shall b) should c) will d) would

86-It's getting dark. I...............................go now .
a) have to b) had to c) ought d) should have

87- Swimming is not allowed here. You........................swim here.
a) needn't b) shouldn't c) mustn't d) don't

88- Can I talk to you, please? Sorry, I........go now. I'm late for a meeting.
a) mustn't b) has to c) need d) must

89- Sony Mum. I've broken a plate. You.........................be more careful.
a) may b) should c) might d) can

90- Did you deliver the parcel for me? No, I.......find the house, so I've come back to get a map.

a) can **b) could** **c) couldn't** **d) mustn't**

علموا اولادكم طلابكم الفرق

